

# Class Descriptions

## ***Abs & Back***

Improve the muscular balance and endurance of your abs and low back with this powerful 15-minute workout. Learn new exercises and methods of training your core muscles. Workout clothes are not required for this no-sweat class.

## ***Basic Step***

Take a mid-day break with this Basic Step class! Learn the basics of step aerobics while improving your cardiovascular fitness. This 45-minute class will take time to warm-up; stretch and do abdominal work at the end! Space is limited so come early!

## ***Cardio Cruisin'***

Try Cardio Cruisin' on Mondays. Switch between cardio machines and strength training. This class uses different machines in the cardio room, free-weights and resistance bands. For a new challenge try Cardio Cruisin'!

## ***Body Sculpting***

Improve your strengths and burn calories in this fun and effective 45-minute class. You will learn and utilize the basic principles of strength training while getting a great workout. This class uses free weights, resistance bands and steps.

## ***Cross Training***

Join us for Cross Training at the end of the week. This class uses free weights, resistance bands, and steps for a cardiovascular workout while toning muscles. Try this 45-minute class to build muscular strength and improve cardiovascular endurance!

## ***Yoga***

Improve your posture, muscle tone and flexibility through this yoga class. For cost and registration information, see the website or staff member.